

# FORGING THE FUTURE:



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## Friday FACTS

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"Leadership, Partnership, and Championship"

### AMERICAN FORCES INFORMATION SERVICE **NEWS ARTICLES**

#### Less Smoking Improves Troops' Health, Cuts Healthcare Costs

Tobacco use in DoD has dropped significantly in the last two decades, generally mirroring civilian rates. But 30 percent of the active duty force still smokes.

DoD spends \$930 million per year on healthcare for smoking-related illnesses and lost productivity in DoD beneficiaries, Talcott said. A recent study of just active duty Air Force members below age 36 shows that service spends \$107 million a year to treat smokers and for lost time due to smoke breaks. The study assumed "a conservative estimate" of three 10-minute smoke breaks a day.

All four services prohibit smoking throughout basic training, and Talcott believes that makes it an ideal time to quit for good. For more information on this article visit: <http://www.defenselink.mil/news>

#### Alcohol Abuse Costs DoD Dearly

Twenty-one percent of service members admit to drinking heavily -- a statistic the military hasn't managed to lower in 20 years -- but service officials are determined to change that.

Speaking only in terms of medical care and lost time at work, alcohol abuse costs DoD more than \$600 million each year, said Navy Capt. Robert Murphy, a medical corps officer. DoD spends another \$132 million a year to care for babies with fetal alcohol syndrome -- sometimes-serious health problems related to their mothers' heavy drinking. For more information on this article visit:

<http://www.defenselink.mil/news>

#### STDs Still a Real Threat, Even at Home

Sexually transmitted diseases are a real threat to readiness, and service members and leaders need to do more to prevent their spread.

"A large percentage of the military population is sexually active young adults," said Bill Calvert, chairman of the DoD's STD Prevention Committee. "With 333 million new cases of STDs globally and 15.3 million new cases in the United States each year, our service members are certainly at risk for exposure to STDs."

Experts agree the best way to treat disease is to prevent it, and STDs are no different. The Centers for Disease Control and Prevention in Atlanta has said prevention is the most important strategy for controlling the spread of infectious disease. For more information visit: <http://www.defenselink.mil/news>



#### Reduce Your Risk of an Ankle Sprain

According to West Side Physical Therapy in New York these exercise s can reduce the risk of Ankle sprain:

- **Single-leg stance.** Stand on one leg, hold for 30 seconds to one minute. Then repeat. Do once a day with each leg.
- **Toe raises.** Stand on one leg, slowly raise all the way up on your toes and then come slowly down to a flat foot. Steady yourself by holding onto a chair or table. Do 25 to 50 repetitions with each leg.
- **Toe-heel walking.** Walk 30 steps on your heels, then 30 steps on your toes to work out your calves twice a day

**"True silence is the rest  
of the mind;  
it is to the spirit what  
sleep is to the body,  
nourishment and  
refreshment."**

**-William Penn**

